utah department of human services
UTAH STATE HOSPITAL

Mental Health & Self Care Resources for Coping with COVID-19

COVID-19 & Mental Health

PEER SUPPORT & EMPLOYEE ASSISTANCE

It is normal to experience unusual reactions to intense or abnormal situations. Whatever you are feeling now, it's okay! Anxiety, depression, grief, and/or uncertainty can be processed and managed, even when we don't have full control over our situation.

- Peer support is available across the state by phone or via video conferencing. You can find a peer supporter here.
- You can also access short-term mental health services free of cost for you and your immediate family through the Employee Assistance Program. Click here to learn more about this option through Blomquist Hale.

BREATHE

- Four Square Breathing - Breath in for four counts, hold for four, out for four, and hold for four. Repeat this process while picturing or drawing a square - one line for each four counts. Regulating breath can help to relax the body and higher brain functioning.
- BOLD - This acronym stands for breathe, observe, listen, & decide. Practice these steps to manage distressing emotions, feelings, or physical sensations.

LEARN SOMETHING NEW

Focusing on learning something new can help to ease anxiety and pass the time focusing on something positive. There are many resource available to use this time for personal growth.

- Coursera.org offers free online classes on a wide variety of topics.
- This website contains a list of 450 Ivy League Courses that are currently being offered for free.
- While physical library locations are closed, their extensive digital library remains available.

HOTLINES & APPS

- National Suicide Prevention - 800-273-8255
- Crisis Text Line - Text CONNECT to 74171
- Domestic Violence - 800-799-7233
- Rape Recovery Center Crisis Line - 801-467-7282
- National Substance Abuse Helpline - 800-662-4357
- National Alliance on Mental Health - 800-950-6264
- Mobile Crisis Outreach Team - 801-587-3000
- Headspace - Guided meditation & movement
- Insight Timer - Guided meditation, music, & talks
- Virtual Hope Box - Tools to support emotion regulation & suicide prevention
- SafeUT - Supportive or crisis counseling, suicide prevention, & referral services
- Forest - Build a virtual forest & take a break from devices

Social Distancing & Connection

While many of us are staying home, there are a variety of creative ways to stay connected. Here are just a few:

- Set up video calls with friends and family (Zoom, Skype, & Google Hangout are all great free options).
- Attend a virtual show. Many artists and entertainers are broadcasting live shows via Facebook & Twitter.
- Try visiting a museum virtually here!
- Have a Netflix party! You can Netflix and chill at a distance through this Google Chrome extension.
- Try a virtual game night. You can find some tips on how to set one up here.